



# Beat the Timer

## for Caregivers

**I**s your child struggling to finish tasks on time, or at all? Often, children can dawdle or venture off task, especially during activities they do not particularly enjoy. This can lead to conflict, whining, and nagging. Try using **Beat the Timer** to help children block out distractions and stay on task until the finish.

This tested and proven strategy uses reduced allocated time to improve efficiency and reduce conflict. Beat the Timer enhances focus and helps to get things done while avoiding distractions.

### **Beat the Timer helps young people...**

- Focus and stay on task longer.
- Follow directions more completely.
- Resist distractions to their goals.
- Seek out and achieve challenging opportunities.

When adults use Beat the Timer with young people, they increase the **Peace, Productivity, Health, and Happiness** for everyone!

## The Recipe

- 1** Pick an activity that causes conflict or often goes unfinished.
- 2** Predict with the young person to create clear expectations for the upcoming activity.
- 3** Decide on an appropriate but challenging amount of time to finish the activity. Playfully challenge the young person to Beat the Timer.
- 4** Remind them of the goal and start the timer. Be sure the timer is visible throughout the activity or let them know how much time they have left.
- 5** Recognize on-task performance and progress along the way saying things like, “You are doing a great job picking up!” or “I see you are working really hard on that!”
- 6** When the timer goes off, compliment their performance if they beat the timer or their effort if they came close. Reflect on how they can do even better next time.